

## Lorna Collins's May 2020 Newsletter

Dear Friends,

Every blessing to you and yours – may you be safe and well!

**Happy Belated Earth Day! 22<sup>nd</sup> April was Earth Day**

<https://drive.google.com/open?id=1EGmloksafnKnKn28yINljxwVp-xTgYk7>

**I wish that yours was peaceful.**

Swinging into Spring we have experienced the driest April on record in the UK. The weather was and still is glorious here in Hereford. I noticed a few months ago that the name of where I live now has the word HERE in it. Perhaps one reason why I feel so at home HERE!

In lockdown it seems nature has a sharper focus. The sky is bluer. The birds singing more beautifully than usual. The air clearer. The grass greener. We are gentler with each other. Kinder. More patient. More open. I wish this remains in the new 'normal'.

Here a poem shared on The Naked Voice WhatsApp group...I wish to share it with you...

*We will not go back to normal. Normal never was. Our pre-corona existence was not normal other than we normalized greed, inequity, exhaustion, depletion, extraction, disconnection, confusion, rage, hoarding, hate and lack. We should not long to return my friends. We are being given the opportunity to stitch a new garment. One that fits all of humanity and nature.*

Sonya Renee Taylor

## The Seven Rays

I am being over lit now by Saint Germain and it was suggested some time ago that I work with these meditations:

<https://www.youtube.com/channel/UCbVFasopWgzkmX-sxWyOGAg>

Each Ray has a different energy and power which connects and activates your own energetic system.

### Planets, Colours, Chakras & Jewels of the Seven Rays

Ray	Rulers	Colour	Chakra/Gland	Jewel
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RAY 1- Will – Power	Pluto/Vulcan	Red	Crown/Pineal	Diamond
RAY 2 – Love Wisdom	Sun/Jupiter	Indigo	Heart/Thymus	Sapphire
RAY 3 Active Intelligence	Earth/Saturn	Green	Throat/Thyroid	Emerald
RAY 4 – Harmony/Conflict	Moon/Mercury	Yellow	Base/Adrenals	Jasper
RAY 5 – Concrete Science	Venus	Orange	Ajna/Pituitary	Topaz
RAY 6 – Abstract Idealism	Mars/Neptune	Sky Blue	SolarPlexus/Pancreas	Ruby
RAY 7 – Ceremonial Order	Uranus	Violet	Sacral/Gonads	Amethyst

My Monad Ray = 3

*Primarily you are your Monad ray, that unchanging divine spark within you, which secreted part of itself onto the fifth mental plane as your Soul ray. The Soul ray is the deity's expression, which must be creatively released for your spiritual evolution. Your personality ray is, of course, the impulse behind the exterior motivations. Personality is purified through character perfecting and to serve the Soul's needs. Governing your learning and eventual service as an invisible helper on the other side, especially during the sleep state, is your astral ray. There are two more rays, one governs your mental body and the other rules your physical or body nature. In all, you express five ray forces, reaching up eventually to be reabsorbed into the primary Monad ray. We are taught that this occurs at the fourth initiation. (One other focusing ray will be added, the ethereal ray, as man evolves to develop his etheric sight and hearing. This time is fast approaching, a few are just beginning to hear and see) The rays give the spiritual preconditioning which prompts bodies into activity.*

*The Monad ray is that divine life atom to which all other permanent atoms were attached by the attending angel at your conception. Simply, it is the unity of your invisible divine self, being the droplet of spirit essence secreted by the absolute. This is the Deity's expression within you, which is eternal and unchanging. Your Soul ray evolves from it, serves the Monad's reasons for evolution, which is the way (one of seven) to perfection.*

*Man, as he seeks his perfection (reunion with the absolute) is a spiritual being, always progressing forward, regardless of his pace. Once this sought-after perfection is achieved, Soul will be reabsorbed into the Monadic ray, after which it is the plane of intuition upon which he conducts his activities. This occurs after the fourth initiation when adeptship is reached, delusion then has no hold upon him, and separatism is viewed as conflicting with the striven for unity.*

*The Monad ray, then, is the beam of your spiritual self-consciousness, the divine spark within you. Man is a Monad. You are a Monad. You are spirit and matter threaded together with intellect. Harken to that Monad ray, the dweller of the innermost recesses. Hear the higher self and the whispers of your Soul.*



*As the Monad is the divine unchanging part of you, understand that it is only response to that which is necessary. Response can only occur when one is aware. Soul and the release of it is another matter. A willingness to quicken that release is necessary to advance spiritually.*

My Soul Ray = 7

*Your Soul Ray is important because it is the reincarnating you; it is the dominant impulse if you have acquired spiritual discipline. However, the personality Ray forcefully shows itself in outer-world matters. Only with determined effort can the personality ray become submissive to the Soul ray. Bear in mind how the Soul is unfolding through change, eternally striving to return to the monad and the bosom of its originating source.*

*This originating force is unchanging. The Soul reminds us through conscience and the aspirations to which we are inclined. The Soul is a permanent repository of collective experiences, life after life. Unless your Soul and personality Rays are the same, you involuntarily will blend them so that they may focus through you harmoniously. Taken from <http://www.mermaid-uk.net/Esotericraytables.htm>*

My Personality Ray = 6

My Astral Ray = 1

My Mental Ray = 2

My Physical Ray = 3

If you are unsure which is your Soul ray, your Monad ray and Personality ray this website explains further how to determine this:  
<http://www.mermaid-uk.net/Esotericraytables.htm>

This website explains more about the seven rays:  
<https://esotericastrologer.org/articles/esoteric-astrology-and-the-the-seven-rays-tabulations/>

Why am I sharing this information? I have found it very useful to understand as I raise my vibration which areas of my energy system require release and activation.

Also different times of the astrological calendar we receive different energies. The energies received, in my experience, are linked to the enhancement or alignment of these rays.

I'm now offering some new sessions via zoom to assist with new technology to help polish these rays for the radiation of light in the new Golden Age.



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This session is focused on your own energy system as it is aligned in the Quantum Field.

In this 2 hour session we will:

- Determine your Ray suite and complete an energetic exercise to determine the status of alignment of this Ray within your energy system
- Work with your Monad Ray and complete an energetic exercise to align this fully to divine will and all centers and activate it with your permanent atoms and other aspects of your energy system as required
- Work with your Soul Ray and complete an energetic exercise to align this fully to divine will and all your energetic centers and activate it with your permanent atoms and other aspects of your energy system as required.
- Complete an energetic exercise that will enhance your subtle body system so you may experience subtle energies in a direct and conscious way giving you tools to do this in your everyday practice, thus enabling you to fully radiate your Monad and Soul Ray.

To book this session please click here:

<https://calendly.com/lorna-collins/aligning-to-your-soul-ray>

## A Metaphysical Moment

Having a somewhat metaphysical bent I was drawn, when preparing this newsletter, to a book entitled 'God I AM', by Peter Erbe (1994) a book which has resided on my bookshelf for some time.

In opening this book, I read these words:

*'We have been told that the Absolute, or God, is ALL-There-Is. Therefore we, the Christ-SELF, dwell within the Absolute, are ONE with the Father, are part of the ONE, as the drop is ONE with the ocean.*

*The drop sets out on a mighty journey, experiences the lofty heights of skies in the form of clouds, the thundering might of lightening, the staleness of a muddy water-hole, the frisky dance of the salmon in a fresh mountain stream, the impurities of pollution and more...the string of impressions is virtually endless.*

*The drop will eventually find its way back to its source, the ocean. Here, its accumulated experiences become the property of the ocean and in return the properties of the all-powerful ocean become its own. BeingOne with the ocean, it gains the properties of the ocean. For as much as the ocean is the drop, the drop is the ocean.*

*For as much as God is the I AM of us, the I AM of us is God.*



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*Spirit, the I AM part of us, is eternal, is apart from time and space, is incorruptible, therefore, the second recognition should tower above the rest: there is no such thing as death! For what we call death is a transition. And how could there be death, the opposite to Life, if Life, or God, is All-There-Is. For God to be God, God must be absolute, and what is absolute must, of necessity, be all-encompassing. And what is all-encompassing cannot, by sheer logic of it alone, have an opposite.*

*If God IS, then I AM – ALWAYS!*

*May the peace which comes with this understanding soothe your soul.*

## Being in the present moment.

I am peacefully (for the most part!) experiencing the current times and my heart goes out to everyone who is experiencing or has experienced loss, pain, fear and grief during this time.

I've been listening to transmissions from Matt Khan. This is inspired by his energy and from him words.

We align and stay in the present moment and allow things to come to us.

How do we stay in the present moment without trying to enter it?

**The present moment is not something you can enter. The present moment is something you cannot escape.**

I've practiced entering the present moment only to realize it is not something I can enter; it is something I cannot escape.

We often say to ourselves that we need to stay in the present moment, but what if we consider this for a moment. What if we stop telling ourselves to stay in the present moment?

I'm aware now that I have only been practicing entering the present moment because my ego has been trying to leave the present moment because it feels unsafe.

At the first level, feel into the energy of this, 'The present moment is not something you can enter, the present moment is something you cannot escape'! Feel this!

The present moment is something we cannot escape. So, we may relieve ourselves of 'trying to be in the present' by realizing that we cannot escape the present moment.



When an ego is in a state of resistance it is trying to escape the uncomfortable feeling it experiences in the present moment – a failed attempt to leave the present moment, that is impossible to accomplish - in order to bypass and avoid.

*You are now ready for the opposite teaching.*

*If you have practiced being in the present moment you will have been practicing leaving and then entering the present moment. Your assumption has been that you are starting out of the present moment. So by saying to ourselves, I must be in the present, you are in fact flipping yourself out of the present moment in order to experience re-entering it!*

*The present moment is not something to enter.*

*The present moment is what we cannot escape.*

If I attempt to 'enter the present moment,' I will inevitably be pulled out by the Law of Karma so I can attempt entering it again.

I only enter the present moment because I want to live in the present moment.

*Practicing to entering the present moment, leads to experiencing entering, not living, not being in the present moment. It leads to 'entering.'*

*In order to break this karmic loop, of asking the Universe to pull you out of the present moment, say to yourself:*

*I allow all patterns of trying to control the present moment, all beliefs that I am out of the present moment, and all tendencies of my ego and spiritual ego to coopt and control present moment and all karmic loops to be cleared out of my energy field, returned to the Source of its origin, transmuted completely, and healed to completion now. As of this moment, I accept the present moment is not something to enter, it is something I cannot escape. And by accepting this truth that my mind will never understand but which resonates with my heart, now that I am no longer compulsively entering the present, I accept the present moment as the only space in which I live and be. And so it is.*

In the audio call Matt Khan goes on to say:

*No emotion you have in your body is proof that you are not present. If you were not present you would not be having a feeling.*



*Even the idea that 'I must have positive emotions all the time' is an idea and a misunderstanding. It was never true that as a human you only are meant to feel positive emotions. In unity and divine humanness, we feel everything, all emotions.*

*In fact, the 5D definition of spiritual alignment is the willingness to be divinely human which is to experience all of your humanness but from your most divine perspective.*

If you would like to listen to more about this topic, here is a link to the two audio calls with Matt Khan where this material originated.

<https://drive.google.com/open?id=1EGmloksafnKnKn28yINljxwVp-xTgYk7> Please download these files if you wish to use them as I will need to delete them soon as I have limited space in this cloud drive!

## Five Element Acupuncture, Plants Spirits and Sacral Cranial Body Work

[Debra Kaatz](#) is offering a seven session zoom course on **five element acupuncture, plant spirits and sacral cranial body work**.

If **you are** interested this dropbox that has the sessions and documents is

[https://www.dropbox.com/sh/lv1gctsv4l6lr7v/AABxZBCVkfVU\\_L\\_H7QuBoeAwa?dl=0](https://www.dropbox.com/sh/lv1gctsv4l6lr7v/AABxZBCVkfVU_L_H7QuBoeAwa?dl=0)

Debra writes: *Anyone can access the material as I am doing this for the general public and the material has been re-written for anyone. All the material and videos will be in the drop box. There will be seven videos. It you want to be there for the zoom meeting it is on Saturdays at 5pm Meeting ID 665 690 029 password 347540. I am doing it for free and anyone is welcome.*

We are very grateful to Debra for her offering.

## Videos, Meditations and Transmissions

Here is a selection of videos, meditations that you may find resonate.

I found this [Diana Cooper](#) video to prompt a very powerful and deeper connection with Archangel Faith, who is the twin flame of Archangel Michael. We are called to bring in her divine feminine energy at this time.

<https://www.youtube.com/watch?v=IXWNoXvmBoY>



That's all for this newsletter. Wishing that you remain safe and well and connecting to your team of the highest light and resonance who love and support you always.

Blessings  
Lorna

Dr [Lorna A Collins](#) FHEA

FREE ENERGETIC CHECK-IN: <https://calendly.com/lorna-collins/catch-up>

NEW ONE DAY COURSES ONLINE VIA ZOOM – MAY, JUNE, AUGUST, SEPTEMBER 2020  
[Living the Being: A practical programme for mastery, guidance and connectivity in all dimensions.](#)

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For client session bookings via my online calendar please click [here](#)

I'd love to connect. [Here's my calendar link](#) to make finding time easy.



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